

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

FRIEND:

One-third of your life - the time spent in sleep - is at least worthy of one Instruction. Here it is, #61.

Innumerable are those who write us and say that a gradual change has been coming about in them and that they were hardly aware of it, and awoke to it quite by accident. Some occasion made them realize that an entirely different person from the old accustomed individual met the situation.

It is true, whether you realize it or not, that you could not seriously study the sixty Instructions to date, without changes. Every thought has its effect. The feeling or emotion you put into your thinking vitally effects the results.

You are quite sure you have understood every instruction. You doubtless have, - but try this. Review your Instructions from Number One to the last. You may be more than agreeably surprised. Many have been and found just the idea that gave them a needed lift.

A British Scientist, Sir James Jeans, gives expression to the truth we would have you grasp when he says - "It may be that the Gods that determined our fates are our own minds moving on the cells of our bodies, and through them on the world about us."

In thinking with respect to yourself just freely admit that you are what you are by reason of what you have been, and you will require no sermonizing upon the law of cause and effect. You will be conscious that what you now are will directly determine what you are to be. Every thought has a material and a materializing effect. No Scientific principle is more firmly established than that.

In the Instructions to come you will not be disappointed. We build houses, one brick at a time. The house of character is fabricated one truth laid upon another. In the house of character is success consciousness born, and the realization of man's unity with the infinite is matured.

With these you can truthfully and trustfully say, "I shall fear no evil - for thou art with me."

Sincerely,

THE ORDER OF THE ESSENES

S. Hamner Davis

ENC. 61



THE Essenes

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INSTRUCTION 61 ✓

Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.

REASON, OBSERVATION AND EXPERIENCE - THE HOLY TRINITY OF
SCIENCE - HAVE TAUGHT US THAT HAPPINESS IS THE ONLY GOOD; THAT
THE TIME TO BE HAPPY IS NOW, AND THE WAY TO BE HAPPY IS TO
MAKE OTHERS SO. HAPPINESS IS THE TRUE END AND AIM OF LIFE.
IT IS THE TASK OF INTELLIGENCE TO ASCERTAIN THE CONDITIONS OF
HAPPINESS, AND WHEN FOUND, THE TRULY WISE WILL LIVE IN ACCORD-
ANCE WITH THEM. BY HAPPINESS IS MEANT NOT SIMPLY THE JOY OF
EATING AND DRINKING - THE GRATIFICATION OF THE APPETITE - BUT
GOOD, WELL-BEING IN THE HIGHEST, NOBLEST FORMS. THE JOY THAT
SPRINGS FROM OBLIGATIONS DISCHARGED, FROM DUTY DONE, FROM
GENEROUS ACTS, FROM BEING TRUE TO THE IDEAL, FROM A PERCEP-
TION OF THE BEAUTIFUL IN NATURE, ART AND CONDUCT - THE HAPPI-
NESS THAT IS BORN OF AND GIVES BIRTH TO POETRY AND MUSIC, THAT
FOLLOWS THE GRATIFICATION OF THE HIGHEST WANTS.

HAPPINESS IS THE RESULT OF ALL THAT IS RIGHT AND SANE.

— Ingersoll

A B O U T S L E E P

We all sleep. Yes - from one-third to nearly one-half of our life is spent in sleeping.

Just what is sleep? We know that persons sleeping turn - and engage in muscular activity - change positions - will brush off something like a mosquito or bug - remove something from over their face or nose.

Muscular fatigue is eliminated by rest - and sleep is not necessary for that.

Some engage in sleep walking. Soldiers have been known to sleep while marching and carrying loads.

Doctors tell us that the optic, auditory, olfactory and gustatory nerves as well as the brain centers governing the sense of sight, hearing, smelling and so forth are awake and active during sleep.

We know that the subconscious which governs the bodily functioning carries on while we sleep.

If our minds and our nervous systems function during sleep, just what is the explanation of this phenomenon we all experience?

The heart keeps beating, so it is not to rest that. There are two phases of the heart beat - the systole, which is the contraction of the auricles and ventricles for expelling the blood and circulating it through the body, - and the diastole, which is the interval of relaxation of the heart muscle. This is its rhythmic rest period.

Sleep is indispensable - but many persons place too much emphasis on it, especially if they find it difficult to gain sleep. The worry over it is more harmful than the loss of sleep. This you come to understand when you realize that sleep is probably necessary as the resting time of the consciousness. Worry is a form of consciousness, a sustained and lingering form of fear. Probably the worry aggravates the sleeplessness. Worry is a way of thinking. Its banishment is best accomplished by a substitution of the objective of thinking.

The best authorities agree that man has many organs and many functions and that sleep is a specialized form of rest which serves the specialized function of consciousness.

Understand, when we speak at this point of consciousness, we are speaking of the intricate process which holds things in the conscious mind, and we are not speaking of the subconscious.

The subconscious never sleeps and never requires sleep, because as you will learn in the next few sets of Instructions, the subconscious is a part and parcel of the Universal consciousness - it is in fact the Heaven of which Jesus spoke as being within you, and it is in fact a part of the spirit which is called God.

Naturally people often ask - "How much sleep do we need?" While sleep requirements vary in individual cases we can set forth some general rules which will show the usual requirements for well being.

The first few weeks in an infant's life - at least 20 hours.

Between the ages of 1 and 2	"	"	16	"
Between the ages of 2 and 3	"	"	15	"
Between the ages of 3 and 4	"	"	14	"
Between the ages of 4 and 6	"	"	13	"
Between the ages of 6 and 9	"	"	10	"
Between the ages of 9 and 13	"	"	8	"

Middle aged people can get along very well with six to eight hours, and for extended periods can maintain well being with less.

For aged people the period varies with the state of consciousness. This is why it is so important for them to maintain some form of intellectual interest - but unless there is feebleness or ill health they should not sleep over ten hours.

The Physiological condition for the induction of sleep is an anemia of the brain. Those with a tendency to excessive sleep should have some interests requiring intellectual exercise; reading, companionship leading to discussions, writing, or use some means to produce an influx of blood into the brain, such as hot drinks; or from the psychical standpoint should have something that would arouse their emotions - even to thinking of something irritating.

Our observation is that insomnia - or abnormal wakefulness - is more general than excessive sleeping.

Those who suffer from insomnia are as a rule high-strung, emotionally unstable; and even a superficial examination of their way of thinking would convince the examiner and the examined that a disturbed consciousness is the root of the evil - and of course a change of thinking is indicated as the cure. Surely thinking which arouses feeling and emotion of the negative type should be avoided.

"It is often asserted that the insomniac should avoid late meals. The facts are in direct contradiction to this belief, for, when the meal is not a heavy one and where digestion is not impaired, so that there is little possibility of arousing painful sensation in the stomach, the localization of blood in the gastro-intestinal vessels helps to produce cerebral anemia."

"In cases of very stubborn and persistent insomnia a regular regimen can be followed. Warm baths in the evening when properly carried out are of great assistance. The subject should first stand in the bathtub, the temperature of the room being maintained at about 65 or 70 degrees F. He should then have head and face doused or sprayed with water at a temperature of about 100 degrees F. The cooling effect on the body by the relatively cool air and then the application of the warm water to the head tend to cause a dilation of the blood vessels of the brain and send blood into that region. Then, with the cerebral vessels

now dilated, the entire body is immersed starting with a temperature of 98 degrees F. and rapidly raising it to 105 to 110 degrees F. This brings the blood to the surface of the body, leaving the cerebral vessels dilated but largely drained of blood, with a consequent local anemia, the necessary condition for the induction of sleep. The insomniac should then be immersed in the warm water for only a few minutes; then without drying he should be wrapped in a blanket which will absorb the moisture. He may then be given a little warm food such as soup or gruel. Then, with the least amount of exertion he may change to his night clothes and go to bed, perhaps with a hot water bottle to his feet."

David Seabury, in his book "The Art of Selfishness," has set forth what he deems sure fire sleep inducing formulas as follows: -

"1. Drink a glass of something hot. Several products on the market that are advertised to make you sleep are nearly as good as a glass of warm milk. Did you not know you have a sleep association with milk? 'Why, baby dear, you've had your bottle, now go to sleep and mother will sing.' As you take your warm drink, re-establish the habit pattern of that first happy year.

2. The body rub. Start with your head and massage your scalp. Dig your fingers into the base of your spine. Then rub your neck and stretch it by trying to pull your head off. Do not jerk it; pull gently and not too hard, using only one hand on the back of your head. Next rub your shoulders. Now knead your stomach; shake the old bag a bit, and as you do so imagine how the gastric juices are swishing about. Feel like resting yet? If so, stop and go to sleep. If not, double your fists up under the hollow of your back and jounce up and down to loosen your spine. Now rub your hips and thighs and then those tired feet.

3. Sighing, yawning exercise, When going to sleep, babies gurgle, chuckle, murmur and sing. Birds croon, all animals, except fool humans, do something of the sort. Start sighing quite regularly. Then yawn. Every now and then snicker at yourself for your absurdly stiff tension. Feel the bed; its grand. Sigh some more. Open your mouth and yawn until your ears crack. If you cannot yawn automatically, make yourself do it deliberately.

4. Stretching and turning exercise. Stretch and twist in every direction. Turn over on your knees, keeping your chest on the bed. Now turn over on your back; stretch again. Wiggle all over; kick your feet. If you are married and sleep in a double bed, go to bed first and thrash about until your nerves are satisfied. Then sing out to your partner that you will be quiet.

5. The gentle eye pressure. Press ever so gently on your eyes; lids closed, of course. Bear down on your eyeballs until they feel the weight of your fingers. Now let the pressure up ever so slowly and rub all about your eyes.

6. If you already have a dream that is especially pleasant, use it. If not, pick out the most lulling, languid, luscious, lazy love land you can imagine; a South Sea beach on a moonlit night perhaps. Go there in fancy and dream about how you would feel. Float on the salty waves. Smell the flowers. The rest of your dream should be quite personal and private. Use the same dream every night. You never heard of a Brushwood Boy who had insomnia. It is nonsense, this idea you cannot sleep. You can, if you have a dream to go to, and are not afraid of a little harmless joy.

7. If you are still so persistent as to be awake after floating on a somnolent sea, begin to breathe deeply; long, slow breaths through your nose. Not too long, just heavy, sleeping breaths that sound like the sea breaking on the sandy shore. Lie and listen to the waves, listen, listen, listen, until you are sleeping like a child.

The next exercise is only for very obstinate people, those contentious cusses, who like to prove no one's method will work. They must be willing to work themselves, however, to use them.

8. Psychic deafness. Make a mental image of being unable to hear. Think way into the center of your head. Say to yourself: 'I'm hanging up the telephone. I'm shutting off the radio. I'm not going to hear anything more.' Repeat this process. Surrender to it. Practice it every night for thirty nights. Do not expect it to take effect the first sleepless night you have, for if your unconscious is unwilling to sleep, it will require discipline to conquer it. In about a month, however, you will learn to close up your ears and sleep."

Finally - we repeat: Do not worry about insomnia. If you can't sleep just say to yourself, "Well, if you can't go to sleep you can lie relaxed and get a good rest. This, too, will pass away," - and then don't engage in speculation about sleep or picture to yourself ways of inducing sleep. If you have done the orthodox thing advised by the medical fraternity (warm bath and soup or gruel) or have followed Seabury - don't lie down and wonder if it will work. Just lie down and go to sleep. You can -- you will - - - Bon voyage.

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* * THOUGHT GEMS * *

"WHAT A WORLD THIS WOULD BE --

- If we spent as much on peace as we do on war!
- If we spent as much on preventing crime as in punishing criminals.
- If we spent as much on culture as on entertainment.
- If we were as careful of our thinking as of our eating.
- If we were as concerned about our souls as about our appearance.
- If we saved all the friends we make.
- If we worked as much as we worried."

* * *

You do not meet life successfully if your concern is for self-glory, rather than self expression.

* * *

"Within yourself all events are written. You master them only within yourself. Today is a moment in your personal history. He who fumes at his quandaries becomes their victim."

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Do not be deceived by what some call "the forces of Evil." Of course as reasonable beings we recognize the existence of evil - but in all instances it is the result of man's misuse of natural powers or forces.

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